LIGHT REFRESHMENTS

THE COMPLEXION IS IMMEDIATELY DEWY, WITH CHEEKBONES CHISELLED

Want to look tighter, brighter, a little less tired? There's an aesthetic tweak to help. Here's what to get done and when

By FRANCESCA WHITE

ONE WEEK: TIGHTEN AND BRIGHTEN
What Hydrafirm with Dr Kersh: The low-down For a tightening fix, Dr Kersh's signature Hydrafirm—a three-pronged combination designed to return lost spring to slackening skin—can't be beaten. Block out two hours in your diary because it's quite the performance: a deep-cleansing, post-tightening HydraFacial, followed by a warm blast of collagen-boosting BTL Exilis radiofrequency, then, a final boost of skin-brightening mesotherapy (a skin-needling flurry, which drives vitamins and minerals deep into the dermis). In between, there are cooling masks and creams to ensure calm and order to the skin.

Pain factor The HydraFacial is brisk and invigorating, the Exilis veers from warm to hot (which is key, as skin needs to reach 46°C in order to stimulate new collagen). The mesotherapy sounds like a machine gun rattling across the face, but is nothing more than a light 'stinging' sensation.

Downtime The tiniest hint of flushing (which actually looks rather becoming). Otherwise, a quick spell beneath the healing LED lights will leave you and your skin aglow.

Results For once, total rejuvenation isn't an overstatement; one session brings fuller-looking cheeks, a shapelier jawline and noticeably plumper skin. A course of three sessions, one month apart, will have you reaping the rewards long past your honeymoon.

Details From £150. At 23MD, 23 Elystan Street, SW3 020 7078